

# Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)*

**Volume 13 – Issue 6 – December 2017**



## Message from the Editors

Dear readers,

We are days away from saying farewell to 2017 and embracing the new year. We hope that things are well with you during this holiday season and that you are enjoying some well-deserved time off.

Since the last time we met through MayaPuwath newsletter, MGCAANA Executive Committee and the Board of Directors have been busy making progress on several activities. You will find out which 2 charities that our valuable membership had selected for MGCAANA's annual charitable donation. Also, if you sent in applications for the MGCAANA Undergraduate & Graduate Scholarship Program that we advertised in the past couple of newsletters, we wish you all the best and hope that you qualify to receive a scholarship from MGCAANA!

In addition to our usual Pause-Rewind-Play article, you will find a recipe, important safety tips for the holiday season, as well as a request from the Colombo Branch of the Mahamaya Girls' College Past Pupils' Association to help out with its computer project for the school computer lab. Last but not least, you will also get a chance to read about the exciting "Return to Mother Maya" event that took place in October.

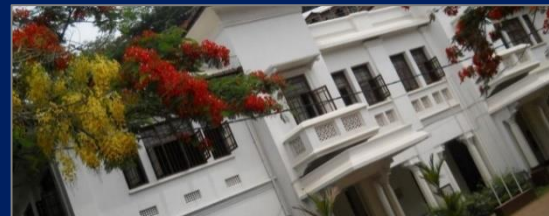
Happy reading and we hope to see you again in 2018!

Sincerely,

Maya Puwath Newsletter Committee

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## MGCAANA Donates to Charities of Your Choice!

Based on the votes of our valued MGCAANA members from both Canada and the United States, MGCAANA has made its annual charitable donations to the Canadian Cancer Society and the American Society for the Prevention of Cruelty to Animals (ASPCA). MGCAANA has donated each charity an amount of \$100 (USD). Thank you for voting to pick a charity this year and participate in giving back to our communities!



Canadian  
Cancer  
Society

Société  
canadienne  
du cancer



ADIAN  
DLIFE  
FEDERATION

FÉDÉRATION  
CANADIENNE  
DE LA FAUNE



SHARE OUR STRENGTH



Habitat  
for Humanity®

### Some Upcoming MGCAANA Activities

- Board Meetings (December & January)
- Next Newsletter (February)
- MGCAANA Graduate & Undergraduate Scholarship (Deadline: January 31, 2018)
- Awarding Nanda Pussegoda Leula Memorial Scholarships (2018)

## Return to Mother Maya

"Return To Mother Maya" - a 'Back to School' event with its own unique spin which was organized with the joint efforts of OGA Kandy and Colombo branches was held at the school premises on the 28th of October, 2017. While celebrating 85 years of excellence of the college this year, the event once again brought together past pupils from all around the country to felicitate and meet their beloved teachers and to cherish the golden memories with their colleagues. Unlike any other event with the same theme, everyone got the opportunity to take part in the event in a 'school saree' which was specially designed for the occasion or with ones representing the school colors.

The event commenced with a ceremonial procession by the Eastern Band of the college, followed by the past teachers of the college. The 'morning assembly' was then held reminding us of those joyous days and it surely was a moment of pride when both the young and old got together to sing along the school song once again. Past Head Prefects of the college hoisted the flags and a felicitation to tribute all the past teachers was held thereafter. Following a brief display by the Western Band, the sports events were held - which was undoubtedly the most memorable part of the agenda. The Past Sports Captains took turns in carrying the Olympic torch and the event proceeded as a 'mini sports-meet' where past pupils got to engage in numerous sports activities against other batches. A cultural program with aesthetic events performed by the present students were held after at the college auditorium. Later, the past pupils got to enjoy and step it to the beats of a DJ back at the school grounds which marked the conclusion of the event. It was indeed a memorable event and a chance for retrospection for all those who got to participate, and we do hope that we would get to take a walk down the memory lane once again in the days to come.

*The MayaPuwath Newsletter Committee would like to thank Dinuka Weerasinghe (Class of 2011) for this contribution.*





## Return to Mother Maya (Contd.)



# Computer Project – Colombo Branch of the Mahamaya Girls' College Past Pupils' Association (PPA)

The Colombo Branch of the Mahamaya Girls' College Past Pupils' Association is encouraging you to help with buying new computers for the school computer lab. Please see below the letter from the Principal requesting assistance of past pupils.

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**THE PRINCIPAL**

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K/ MAHAMAYA GIRLS' COLLEGE  
KANDY

14.11.2017

Dear Past pupils

I am writing to seek your financial assistance to upgrade the computer lab of Mahamaya Girls'. The computers that are currently being used by our girls are outdated and the more advanced applications cannot be carried out. We have got the wiring for the computer lab upgraded with the help of the Ministry of Education. However, we do not have sufficient funds to buy new computers.

The Colombo Branch of the Mahamaya OGA has come forward to help us to buy new computers and upgrade our computer lab. They are collecting funds from their membership and are holding a fund raiser for raise money. They can benefit greatly from donations made by Mayans who are living outside of Sri Lanka as well. You can either make an individual donation or as a group. Even the smallest of donations will help us. Together we can make a change.

With the technological advances taking place in education, I strongly believe in the importance of our girls being in par with new technology. I hope you will step up and help the Colombo Branch of our OGA to carry out this project.

Please deposit your contributions, big or small, in the Mahamaya Girls' College Kandy Past Pupils' Association, Colombo Branch bank account.

Bank: Commercial Bank  
Account name: Mahamaya OGA Colombo Branch  
Account NO: A/C: 1480033356.

Please viber a copy of the deposit slip to 077-7772241, or scan and email it to Lakshanthi Herath at [lakshanthiherath@yahoo.co.uk](mailto:lakshanthiherath@yahoo.co.uk)

If you have questions about the proposed computer lab project please contact the Colombo PPA directly at [info@mahamayaogac.com](mailto:info@mahamayaogac.com).

I look forward to your generous contributions.

Best regards,

I. Withanachchi  
Principal

**I. WITHANACHCHI**  
PRINCIPAL  
MAHAMAYA GIRLS' COLLEGE  
KANDY.



Maya Puwath has been reaching the MGCAANA membership since 2005, and “Pause – Rewind – Play” re-publishes past contributions to Maya Puwath, by MGCAANA members.



### Working women and time management

My mother is my role model. She perfectly managed her time giving us, my sister and I, the best possible childhood experience ever. All her responsibilities on her family were taken care of in a timely manner and she managed to have some time for personal and even for social events as well. But something that I did not share with you is the fact that my mother is a stay-home mom. Both my sister and I value the fact she stays home to this date (I agree, it's unfair to her, but still we enjoy every bit of her company). Today, I am a mother of a three year old son. I love my husband and my child so dearly and want to give them the love and care as much. But, am I willing to make the same sacrifices that my mother made and give-up the career that I love so much? My honest answer to the above question is a “No”. Still, I want to give everything to my family and do a justice to my professional life. That's when the idea of time management kicked in. A better time management can do a lot, if not all. With the help of the information that I am about to share, I believe that you would be able to manage and handle at least some of your responsibilities with ease and comfort if you are a working woman.

Managing time is not an easy task to begin with and when it comes to women who are taking care of the responsibilities of household and outdoor work, it becomes even more challenging. In majority of the cases, it gets difficult for working women to handle work, family, household and most of all, their personal and social lives all together. I had been struggling with time management with three equally important parts in my life; family (role as a wife and a mother), teaching (as a professor or an educator) and research (as a physicist!). I have labeled teaching and research as two separate rolls because my career life is not balanced without the other. I struggled almost two years to find best methods to fit everything into my schedule and not do anything unreasonable to my family. Being a part of an Asian family oriented culture, I was always able to give out 100% to my family but not so much when trying to handle the other two parts in my life. There were delays and mishaps, ups and downs in my professional life and some times the work I love so much appeared to be a burden. The overwhelming stress that I was carrying along caused distorting other things and in no time the whole world around me spun harder than I could control. Everything got messed up as I was unable to finish and furnish the tasks what I have started before.

A dear friend brought me the news of time managing. I decided to organize everything; my daily-schedule, weekly schedule and the monthly schedule in an effective manner I trained myself to stick to a plan and finish a job in a given time frame before starting the second. This helped me access useful information and complete my duties in a successful way. No mishaps, or delays and as a result the other tasks that I had to perform apart from my work were left unaffected. Gradually when things started to have a smooth flow, I was able to categorize my tasks into four parts; Urgent, Very important, Important but not urgent, Not so important or urgent. It was extremely helpful for me to figure out the first to reach out task and that alone changed my restless life to a busy but a peaceful one.

*(continued on next page.....)*

## Pause – Rewind – Play (contd.)



(contd.)

Peace of mind is an invaluable thing for a woman like me who is in a very competitive, yet demanding and a male dominated field in academia who has number of deadlines to meet in daily basis. I find time management as the key for any successful person as it turns you into a leader who is able to schedule tasks and accomplish the goals in a timely manner. The modern, technology (computers, cell phones, iPods, iPads etc.) has made it easier and feasible for us to survive with our schedules. We can get help from the technology to plan up the work ahead of time or simply use an old fashioned note book. Still there are times when I struggle with simultaneous “Urgent” matters that strike me from two sides, family and work. In such occasions I don’t hesitate or even think twice but take care of my family first, and thankfully, I have my colleagues to pitch in for me in a very short notice and a very supportive husband who is willing to risk anything for the family. I still don’t have everything in order, but I am happier.

I am new to motherhood as well as to my profession, and have a long way ahead. Time management helped me order my life in a better way giving me enough strength to take care of myself, my family, my students, and even my friends and relatives. I still don’t have a lot of time for social gatherings, but if necessary I can make time for one or two such events without twisting my monthly schedules. Along the way toward my success in time management, I had to make some sacrifices as well but the good thing is I always managed to come around with alternatives - I gave a pause to travelling abroad for scientific research, instead started advising students who can travel and do the work. I started pedagogical research allocating less time for experimental research and stay at least one week-day home spending that time with my son. As I have learned from my own experience, proper time management allows us to have some spare time to explore our inner lives and even do something enjoyable every once in a while.

Although I didn’t mention my father in this article as I wanted to stay in focus on working women, I don’t have a better example than my father who illustrated the best time management being a working man. He did his time management with a very clear graceful mind. He succeeded as a school principle, as a wonderful husband and more than anything as a great father who spent more than enough time with us, his children. It’s been six months after passing away of my dear Appachchi and this article is dedicated to him for the love, guidance and support he rendered to all who were privileged in knowing him and specially for raising me up to be the person who I am today"

Hashini Mohottala

**The Executive Committee and the Board of Directors of MGCAANA wish you happy holidays and a prosperous new year! Thank you very much for being part of our organization, and we look forward to connecting with you in 2018!**

## **Recipe Corner**

### **Apple Crisp with Topping Custard** *Sent by Devi Gunasekera*

#### **Ingredients**

10 cups all-purpose apples, peeled, cored and sliced  
1 cup white sugar  
1 tablespoon all-purpose flour  
1 teaspoon ground cinnamon  
1/2 cup water  
1 cup quick-cooking oats  
1 cup all-purpose flour  
1 cup packed brown sugar  
1/4 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 cup butter, melted

#### **Directions**

Preheat oven to 350 degrees F (175 degree C). Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture. Bake at 350 degrees F (175 degrees C) for about 45 minutes.

#### **Topping Custard**

#### **Ingredients:**

4 cups milk  
6 large eggs  
2/3 cups sugar  
1/2 teaspoon salt  
1 tablespoon vanilla

#### **Directions**

Heat milk 2-3 minutes. Whisk eggs and combine with eggs. Add sugar, salt, vanilla and stir. Strain (optional), and cook until thick (not too watery to pour on the apple crisp slices)

*Source: Allrecipes.com*





## **Your Safety in this Winter Holiday Season**

*Sent by: Sujatha Werake*

Be mindful and eliminate distractions:

- Plan enough time to complete your tasks safely.
- Avoid rushing.
- Walk safely. Slips, and falls are most common causing accidents.
- Wear shoes with good traction.
- Be cautious, especially on wet surfaces and stairs, use hand rails.
- Allow plenty of time to reach your destination.
- Avoid using mobile devices while walking.
- Manage your stress level. Make time for yourself
- Exercise regularly.
- Practice healthy eating and sleeping habits.
- Wash your hands with soap and running water for at least 20 seconds.
- Drive safely. Prepare your car before the cold weather. Check tires, antifreeze levels, radiator, keep supplies in your car in case you get stranded somewhere in the cold. Drive slowly and cautiously. Be aware of your distance, pedestrians, and cyclists.
- When hanging decorations in your home, or any other place, prevent injuries by using a sturdy step stools and a ladder. Never climb on furniture. Keep electric cords out of the way to prevent slip and trip injuries. Make sure the wires are out of reach especially with children. Be safe at all times with electrical wires.

**BE SAFE AND ENJOY THE HOLIDAY SEASON!**



**MGCAANA Joins Amazon Smile!**

**Stay Tuned for More Information.**

Click [here](#) to learn more about how Amazon Smile works.

### Want to know what your new Board of Directors (BOD) will be undertaking in 2017-2018?

Please read the minutes of the BOD's monthly meetings posted on MGCAANA website:

<http://www.mahamayaalumna.org/minutes.php>

If you have new ideas, concerns, or suggestions to improve how MGCAANA operates etc. please feel free to connect with the BOD through e-mail:

[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

### Contributing to Maya Puwath

Contributing to Maya Puwath is a great and easy way you could be an active member of MGCAANA. We accept content produced by you, articles written by others with proper acknowledgement, as well as news from Mahamaya Girls' College, Kandy, Sri Lanka.

No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming October issue of Maya Puwath:

[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

### MGCAANA Annual General Meeting & Dinner 2018

**Who:** Mahamaya Girls' College Alumnae Association in North America (MGCAANA)

**What:** 14<sup>th</sup> Annual General Meeting & Dinner

**When:** Sunday, May 27, 2018 (*During the Memorial Day long weekend*)

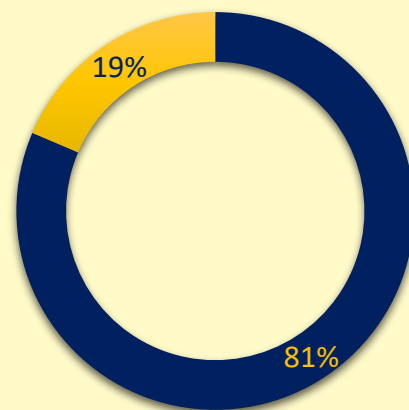
**Where:** State College, Pennsylvania

### Vidya Scholarship Trust Fund (VSTF)

VSTF awards scholarships to the most deserving, economically-disadvantaged students who do well in their studies and extra curricular activities from grades 6 and up at Mahamaya. An initial goal of VSTF has been to establish a fund with a capital of, at least, \$20,000. As of May 2017, \$16,283.65 has been raised thanks to generous donors like you. If you would like to help VSTF reach its \$20,000 goal, please assist MGCAANA in its fundraising efforts. You can donate (online/check) and most importantly, encourage others to donate:

<http://www.mahamayaalumna.org/vstf.php>

### VSTF Progress



■ Funds Raised ■ Remaining

**Newsletter Committee:** Vihara Dharmaratne, Vajeera Dorabawila, Lilika Molligoda

***Maya Puwath is a publication of Mahamaya Girls' College Alumnae Association in North America (MGCAANA)***